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No. 2

# CHILD-WELFARE MAGAZINE

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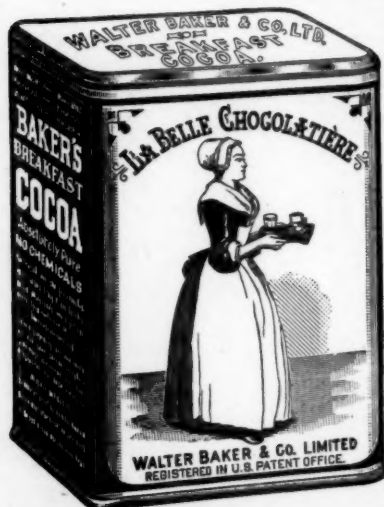
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## The President's Desk

EACH year of this wonderful century sees some wonderful new invention, some new scientific discovery, and the names that have been coined to fit these new things are still puzzling to the busy house mother, whose time is so full just taking care of the children and making home comfortable that she has not time to keep up with the world which moves so fast.

She takes up a magazine and sees perhaps, "Eugenics Congress." "What is that? I don't care for that; I want something practical to help me bring up my children," she says, and passes by the article. Suppose she were asked, "Do you want your children to be better in every way than their father and mother? Do you want your boys to be tall and strong, do you want your girls to have the best health and beauty, too?" She would say, "Yes, but that is a matter beyond my control."

That is just where she would make a mistake. Eugenics is the name given to the study of how to make our children more perfect in body, mind and soul than we are. "But I finished school long ago, I haven't time to study now," says the busy mother.

Finished school? All of life is a school if one really does his best, and every day should bring some new truth into our lives.

"I do hope my boy will be a tall and strong 'man.'"

You can help make him one if you really use the discoveries that have been made by those who are studying children; if you will see that the growing years are not spoiled. Those years are at life's beginning, and no amount of effort can do for him afterwards what can be done now.

One reason that boys' camps and athletics have become so popular is because those who know a boy's needs can prove that inches may be added to his height by life in the open and proper exercise during the growing period. That is why certain forms of work in the growing period cause

life-long injury to the child. Isn't it worth study, if the whole physique can be made or marred at this growing age?

"Psychology! What do I care for that," says the busy mother. "My mother got along without it, I guess I can." Rational psychology deals with the growth of the mind and soul. That is the part of us that is immortal.

The Heavenly Father has entrusted the guidance of the little ones to us, and is it not of eternal interest what our impress is to be on the helpless babe?

Scientists have given long names to the different parts of child study, but eugenics, physiology, hygiene, and psychology are only studies of that greatest of all created things—the little child. Do not throw aside the article because it has words you do not understand.

Your ancestors would ask with wonder what you meant in talking of automobiles, telephones, wireless telegraphy, or aviation. The world moves on, and the father and mother of to-day who would do the best for their children must learn that great discoveries have been made as to child nature and child nurture.

On the table of the home are piled the bulletins from the Department of Agriculture: "How to Get the Most Corn Out of an Acre of Land; What Soil Will Yield the Largest Cotton Crop; How to Raise the Finest Breeds of Poultry; How to Get the Largest Yield of Milk." These taken at random are the subjects the busy father is studying. To make that farm yield the very best is what he is driving for.

Are there any books there on how to make the human plant come to perfection?

"Oh, yes, there is that magazine which helps me so much in making my children's clothes, and it often tells me how to cook, and it has a bright cover and some good stories."

"That is good. Every mother likes to have pretty garments for the children, but where are the books that can help you in understanding the child himself, that from a deep knowledge of child-life point the way to bring out the best in that dear child of yours. Is that all you have?"

"I don't have much time to read, and I don't know those books."

The Mothers' Congress will help you to choose them. There are many which purport to be helpful which are disappointing and are only designed to be ready sellers.

There are others which make motherhood and fatherhood shine with a new meaning. Set aside fifteen minutes each day for reading that will help in the cultivation of the children. It will pay.

CHILD-WELFARE MAGAZINE aims to help those who desire to work efficiently for the children in home, school, church, or State.

Write your problems to Editors, CHILD-WELFARE MAGAZINE. They will not be answered by those who theorize merely, but by those who combine their experience and a knowledge of child development.



**A WOMAN JUDGE IN  
JUVENILE COURT**

CHICAGO, which has led in so many good things for children has now made an epoch-marking step forward in the appointment of Miss Mary Bartelme as a judge of the Chicago Juvenile Court. She will sit with Judge Pinckney.

Miss Bartelme has been a teacher, and has helped thousands of children. If there is any position where women are fitted to render inestimable service it is as judges in children's cases.

The children who make the juvenile court busy need good mothering more than anything else, and the need of good fathering is not to be minimized.

A woman's judgment on childhood's mistakes is usually better than a man's, and it is for the welfare of humanity that women should have an influential and powerful place in dealing with child-welfare, and even with the crimes of adults. Her patience and insight cannot be spared. It is to be earnestly hoped that women who are primarily endowed with the mother heart may have the power of deciding the fate and the treatment for erring children.

**CO-OPERATION  
WITH THE  
MOTHERS' CONGRESS**

THE National Congress of Mothers has the recognition of every large organization of men at a power to be reckoned with in material, educational, and spiritual uplift.

It has been represented in the Eugenics Congress, in the International Congress on Hygiene in the American Highway Association, the Religious Education Association, the National Conservation Congress, the National Kindergarten Association, and the National Education Association.

Its members are in practical co-operation with the United States Department of Agriculture and State Boards of Health.

All these organizations offer important avenues for service to child and home, and their desire for the Congress to be a participant in their councils brings to all a greater field of service. Co-operation of every one should be accorded to the motherhood of the world united to promote child-welfare. It is the basis of the world welfare, and the key is held by mothers.

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Presidents of Parent-Teacher Associations and Mothers' Circles who have not received our Library Club Rate Circular, should send for it, addressing Mrs. H. W. Lippincott, care of CHILD WELFARE MAGAZINE, 227 South Sixth Street, Philadelphia.

## Parents and Their Sons

By M. V. O'SHEA  
University of Wisconsin

THE writer recently had a series of conferences with a father who is much worried over the conduct of his fifteen-year-old son. The father had little to say in favor of the boy, except that he was his own son, and he felt responsible for training him so that he would not be a discredit to the family, and so that he might be capable of supporting himself when he should arrive at manhood. The father is a self-made man. In his youth he worked on a farm, and earned by his own toil the money with which ultimately he secured a thorough college and professional education. His life has been a strenuous one; and he has all along keenly appreciated the need of economy of time, energy, and money. In contrasting his son's conduct with his own when he was the boy's age, he pointed out to me that he always devoted his evenings to reading and study, even though he had labored diligently during the day. But his son, who is relieved of the necessity of working hard in any way, does not spend either his days or his evenings in activities which seem to the father to be worth while. So the father is convinced that the boy is wasting his time, that he does not appreciate his opportunities, and that he will grow to manhood an idle, incompetent person, not prepared to fill any useful place in the world.

The father and the mother alike have had a deep interest in the boy since he began to show a distinct

individuality of his own. He is their only son, and they have been anxious, particularly of late, to train him up in the way he should go. Their own lives having been devoted to serious interests, they have for themselves established habits of application and faithfulness in the performance of all necessary duties, and they feel they have endeavored to develop by precept and example these qualities in their son. But he has been quite resistant to instruction of this sort. He has not taken kindly to his books either at home or at school. It has been a constant struggle on the part alike of teachers and of parents to get him to apply himself to any of his studies. He has fallen behind in his work in school, so that his father has been compelled to secure a tutor for him. He is passionately devoted to all sorts of games with boys, and he knows in detail the records of the leading baseball teams in the country. He is himself athletically inclined, and if he could have his way, he would spend all his time and energy on the athletic field.

The trait in the boy now which more than anything else distresses the parents is his lack of appreciation of what is being done for him. Both the father and the mother feel that he is sometimes disrespectful and even mean toward them and his only sister, though they say he is generous in his temperament, and outsiders seem to like him. If his mother asks him to perform a task

he often refuses point blank to do it. He seems to enjoy hectoring his sister, and he never takes advantage of opportunities to be of service to her. When his father makes a direct command he may carry it out perfunctorily, but he exhibits antagonism in all he does. The parents say that on account of his attitude the family is kept in an unhappy condition a good part of the time. There is unceasing conflict growing out of his resistance and unwillingness to adapt himself to the program which his parents wish him to pursue.

The father comes now to ask how this boy's disagreeable traits can be explained, and whether anything can be done for him to make him a respectful, appreciative, and earnest individual. Questions similar to these are being asked by parents in every community in the country. The particular instance before us may be extreme in some of its features, but after all it is typical of cases to be found frequently in one's own environment. A recent inquiry among the parents of a western city considerably above the average in intelligence and general culture indicated that in a large proportion of households there is more or less tension between parents and their sons. The fathers especially are not satisfied with the conduct of their sons. The faults most frequently complained of are that the boys are not serious; that they waste their time; that they show little appreciation of the value of money, and that they care more for sport than they do for the important concerns of life. It would be within bounds to say that probably in the

majority of homes, as one finds them in city and country alike, there arise tension and conflict when boys reach the age of thirteen or fourteen, and this conflict is mainly though not wholly between fathers and their sons.

What then is the cause of such a condition of affairs? Go over the history of any home in which there is a boy who is causing anxiety and tension and the chances are you will find that one cause of his non-conformity stands out more prominently than any other. Let us glance at the career of the special boy we have in hand, which is fairly typical of the lives of the majority of boys who live in the city. During early childhood this boy was under the care, to a considerable extent, of nurses who had little knowledge of child nature and who felt no sense of responsibility for his future. Their chief concern was to earn their four dollars a week, which they could do by simply keeping the boy out of physical danger. They knew they would not be required to live with him when he was fifteen and beyond, and so they were not watchful of habits which he was developing as a child, and which would practically unfit him for adaptation to the program of his home when he became older. The parents acknowledge that as a child the boy was a genuine bully. He lorded it over his keepers, and they temporized and capitulated, seeking only to avoid present trouble.

In response to my questions the father confessed that his estimate of the competency of a nurse had been based largely upon her tact in

avoiding conflicts with the boy, which simply meant that she had always to give into him and serve him in his bullying. The father excuses himself by saying that he wished the mother to have an opportunity to participate in the social life of the community, and he thought that a young child could be brought up by a reliable nurse very well anyway. He also acknowledged that he had been so busy in the practice of his profession that he saw but little of his boy when he was a child, though he was much interested in his development. The mother excuses herself by saying that she was compelled to adjust herself to the social demands of the community as other women did, most of whom, in her station, had intrusted the care of their children to nurses. Here is seen one source of the present difficulty with the boy. He started out in life as a bully; and by the time his parents really began to take him in hand and to regard his actions as serious enough to claim their attention, he had practically got his attitude in respect to obedience, earnestness, and the like. Most children acquire their general attitudes toward the people and institutions and customs about them by the time they are ten or eleven. Of course, these attitudes can be changed sometimes, but it requires constant conflict for a long period in order to break up original tendencies and establish new and different ones. But not one parent in ten, even if he takes control of his child before he is ten, will go to work vigorously to uproot vicious habits and establish more useful ones. Nine out of

every ten parents will temporize with a non-conforming boy. Mr. and Mrs. C—— did exactly that thing with their boy. They were distressed by his conduct, but they could not bring the matter of correcting it to a definite and final issue with him. They pleaded with him, and urged him, and complained and lectured to him, and tried to portray his future to him, but they never effectively resisted him in any of his wrong tendencies. Their discipline has served really to irritate him; the parents now see this clearly. His present meanness is due in considerable part to the constant nagging he has had from them the past few years; this has served to stir him up but not actually to change his habits; he has held to the course which he got well started in during his childhood.

One reason why the training of the boy has not been effective of late is because he is the only son. The mother has desired very much to spare him. She could not and cannot even now endure to see him uncomfortable, and so she has often taken sides with him as against his father when the latter has been inclined to use coercion to secure obedience and respect. Here appears another difficulty in child training—conflict between the father and the mother on account of the boy's conduct. The mother has tried to explain and to shield him and she has had a tendency to ascribe the boy's errors partly to the father's attitude. She says that, though meaning well in every way, the father now irritates the boy because of his impatient manner with him. She thinks her boy would



have been better if he had been always treated with kindness, which is probably an almost universal superstition of the maternal heart. She acknowledges that he is now as mean to her with all her kindness as he is to his father, and meaner; but somehow she wants to find a way to excuse him, at least in part. The father, for his part, thinks the mother through her undue tenderness has failed to give the boy serious lessons, which would develop in him a just appreciation of the relative worth of things and of the necessity of conformity to reasonable law.

The present writer thinks the father is mainly in the right in his position. In our modern life tenderness and sympathy are likely to issue in mere sentiment, which may shield an erring one, especially a child, from experiencing the natural consequences of his actions, so that he cannot learn vital lessons which will save him from a great deal of trouble in later years. All that we know of child nature endorses the view that serious lessons must be impressed early in order that conflict may be avoided as the individual develops. Too great tenderness shown a child when he is hostile to rightful authority simply establishes in him attitudes which, as his range of contact with people increases, will alienate him from society and make his life a burden to himself and a source of contention among others. And the problem is growing constantly more serious among us because of the increasing complexity of our urban life. The more complex a child's life becomes the greater is the danger that he will

not acquire attitudes of respect for proper authority. The more a child is stimulated, the more his inherited tendencies strive for expression. The child who lives a simple life is more easily trained than the one who is in contact most of the time with people who excite him in a great variety of ways. Under such circumstances he tends to exert his own personality in resistance to or in domination of those who are stimulating him.

But what can be done for this boy we have been considering? To begin with, he should be placed amid new surroundings for a time. Every day that he remains in his home he grows more resistant and mean. He should be put into an environment which will make a deep impression upon him, and which will subdue his over-developed ego. What he needs above everything else now is to have aroused in him an attitude of regard for others. It is of chief importance that he should become impressed with the dignity and superiority of others. He has lost these attitudes absolutely, if he ever had them, for the members of his own family. He should at once be put under conditions where the observance of certain rules, not many rules but a few fundamental ones, is absolutely imperative. He needs to be taken out of an environment where sentiment is dominant, and put where at every turn he may see that conformity to proper authority is the absolutely essential requisite for his well-being. He does not need very much sympathy; a boy of this age despises those who are oversympathetic toward him. He needs leadership. He needs to be placed

with people who do things in a strong, positive way. He is not at all impressed with his father's achievements, or those of any one else in his family, which is a common attitude of boys in the pin-feather stage of development. This tendency is probably a provision of nature which is seen running through all animal life, for even in the lower species there is a tendency during what might be called adolescence to leave the parental roof and strike out into the world.

Any observer of boys knows that frequently at fifteen or sixteen they feel their homes and even their native towns are too small for them, so they become restless and discontented and disrespectful toward their elders. This is quite natural, and the wise parent will regard it as a more or less inevitable event, and he will give his son an opportunity to try his wings. Later on the boy may come home and have a very different attitude toward everything and every one there; but during the upheaval of the adolescent period he needs new associations which will command his respect and admiration. It would probably be of advantage in the majority of homes where there are boys if they could

be sent away to a good school at twelve or thirteen. Perhaps with the majority of parents and sons conflict begins to become serious as boys enter the adolescent epoch, and nothing but separation for a time will meet the situation. Then it will be far better for the boy to be put where he will readily fall into the learning and assimilative attitude, instead of remaining at home growing constantly more disrespectful and mean. Sometimes parents, mothers especially, cannot endure to have their boys go among strangers, even though they are, themselves, in conflict with them much of the time at home. The maternal instinct in a case of this sort is certainly a cause of harm often. Nature intends that boys as they leave the childhood epoch shall go among strangers, and learn their ways and how they must adjust themselves to them, even if they experience some hard knocks in learning these lessons. The masculine nature requires a certain amount of vigorous treatment in order to develop it and refine it. To prevent boys from having such treatment must prove disastrous alike to the boys and to their parents.

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SAYS Mr. Roosevelt in a recent number of *The Outlook*: "Unless the man and the woman are of the right type the laws accomplish nothing. It rests within our own natures, it rests with us, the people of America, to determine our own fate; and character is the main factor in the determination."

So long as man sees himself as

separated from the rest of mankind he is bound to take advantage of his neighbor. It is only when he realizes that he is essentially one with all humanity that he begins to try to help and benefit those with whom he comes in contact, knowing that only in this way is he fulfilling the highest law and working out his own highest good.

## Advantages of the Kindergarten

By MYRA M. WINCHESTER

FOR the purpose of stimulating interest in the Kindergarten problem, and of drawing forth rational discussions of the issues involved in the subject, Mr. Edwin S. Marston, President of the National Kindergarten Association, offered three prizes for the best essays on the "Benefits of the Kindergarten."

The following extracts are taken from the essay which won the fifty dollar prize. It was written by Miss Carol P. Oppenheimer of Savannah, Ga., who is a Kindergarten teacher of much experience.

Miss Oppenheimer says: "A lady and a gentleman who were unknown to each other were seated together in a railway station and, attracted by a small child near them, fell into conversation on the subject of Kindergartens. The gentleman remarked that he considered them a good thing for some children, but he could not see that the need was a general one. The lady, who was a strong advocate of Kindergarten education, was curious to know just whom he included, and began by asking whether he would approve of sending the children of the very poor. He said that he would. 'What, then,' she continued, 'of the very rich?' He thought they might be benefited too. 'Would you feel Kindergarten valuable for a child in ill-health?' was the next query. To which an answer came in the affirmative. 'For a bashful child, or one begging constant notice?' Yes, for them, to be sure. And when she had laughingly questioned him concerning many other kinds

of children, he volunteered the admission that she was quite right, that Kindergarten education was the heritage of childhood at large, and not of this child or that one.

"It is this claim of the right of every child to a Kindergarten education that is made by advocates of the Kindergarten, and the ground for the claim is the fundamental, universal character of the training that is given. The training is a vital process, based upon the natural instincts of the little child, and directed to physical, mental, moral, and social development."

\* \* \* \* \*

"The Kindergarten believes that the Kindergarten should be in every school because of the acknowledged importance of the foundation in any work. She knows that by directing natural activities during the period from four to six years, many fundamental habits can be established, and at the same time the child's joy in living be increased; and she, therefore, believes it a ruthless waste to have to form these habits at a later age when the child might be using his conscious energies upon accomplishments which would not have been wise, or even possible, at the earlier period.

"The Kindergarten believes that education should be a continuous process, and that the Kindergarten in the school can be more completely unified with the work of the primary grades than the Kindergarten elsewhere maintained.

"The Kindergarten believes the

Kindergarten child to be prepared in some degree for the work of the primary school in every part of its curriculum. He has dealt with number in a variety of ways; has expressed ideas through at least a dozen mediums, including several forms of constructive handwork; has learned to love the beautiful in art, music, and language, and to express himself with some small power in each of these directions; has come into an appreciative unity with the nature world, and understood definitely a few of its secrets; has enjoyed many experiences concerning the human world about him; and over and above all, has learned to look upon school as a place of delights, upon growth as a thing to be coveted, upon his teacher as a good comrade, and upon his school mates as fellow-workers from whom he can count upon aid when he needs it, and whom it is his privilege to assist when he can.

"The majority of children leave school early, as is seen by a comparison of high-schools and grammar-schools in point of number, and the Kindergarten gives an opportunity for one, or perhaps two additional years of schooling, at a most formative age, without delaying the time at which a child may, if needs be, go forth as a wage-earner."

\* \* \* \* \*

"The Kindergartner believes the child in her charge to be affected by every activity of the community in which he lives, and, therefore, con-

siders it part of her responsibility to uplift that community wherever it lies within her power. It is thus that a great social settlement has often been the outgrowth of a single Kindergarten.

"The parents' organizations which are associated with many Kindergartens are frequently democracies in the best sense of that word, and strengthen the community life in the way that any finely democratic organization, working actively for a vital cause, is bound to do.

"The greatest benefit of the Kindergarten to the community, however, is not any single aspect of Kindergarten education, but Kindergarten education itself. The Kindergarten is a community with all the obligations of a community. People live together, work together, play together, develop their own powers, contribute according to their own special gifts, make and observe regulations for the good of the whole. And this training to live successfully as a community member is given at the period which masters through the ages have called the most plastic, and which every adult who looks back upon his own experience knows to be the most permanently influential. Therefore the Kindergartner believes that when every child in the land has a Kindergarten education, effective citizenship will increase, and one more step will have been taken towards the practical realization of the Brotherhood of Man."



## Department of Child Hygiene

### INFANT LIFE PROTECTION

GREAT BRITAIN has for six years had a National Association for the Prevention of Infant Mortality which has done valuable work. At a meeting in London the Right Hon. John Burns, P.C., M.P., spoke on "Infant Life Protection."

His address is published in *The Child*, a London magazine devoted to child-welfare.

We quote for our readers facts that are of interest in showing the progress Europe is making in saving the babies.

"Looking back, and taking a survey of infant mortality, it is really extraordinary what good grounds and substantial reasons we have for pluming ourselves on the better way in which children are treated as compared with some years ago. Adam Smith, in talking about the waste of infant life 100 years ago, made this remarkable statement. He said: 'In some places half the children die before 4 years of age, in many places before they are 7, and in almost all places before they are 9 or 10 years old.' We have got considerably beyond the stage and condition that those figures indicate. How were the children who managed to survive the first year treated at this same period? Here are three instances which I deem it my duty as your President to put on record for the use of the students of this subject. I find that in seven years, in the Foundling Hospital of Paris, 25,000 children died out of 32,000 sent

there; a mortality of 80 per cent. In the Dublin Foundling Hospital, from 1775 to 1796, a period of twenty-one years, there were only forty-five surviving babies out of 10,272 admitted, which means that over 99 per cent. died. And coming from Paris and Dublin to our own Foundling Hospital, we find this remarkable condition of things: of 14,934 children who were deposited at the Foundling Hospital in London, 10,389 died in four years, or just over 70 per cent. That is what happened a hundred years ago to the foundlings and poor 'hand-fed' children of the general poor population. I am glad to see how since that time things have changed. At the Foundling Hospital the infant mortality of children aged one year or under is even less than the infant mortality occurring among the children of the rich families in Belgravia or Mayfair; and it is less than even half the infant mortality over the whole of the country.

"Fifty years ago 25 per cent. of the people lived in towns and 75 per cent. in the country. That is just reversed; there are now 75 per cent. living in the towns and cities and only 25 per cent. in rural areas. Notwithstanding our present increase in city environment, infant mortality is dropping down considerably.

"And when we supplement that statement by another fact, namely, that women are increasingly going

into trades and industries, and considering also that work for women often means weakness for their children, it is wonderful that so much progress has been made.

"Now you will probably ask me what I believe are the chief causes for this satisfactory decline in infant mortality. It is not due to any one special reason. It is due to a stream of causes, many experiments, and endless ideas, all converging on how to protect the mother, save the infant, guard the child and reinvigorate the race. It is due to no special cause, or any special set of men.

"But I have a right to give you a few of the special reasons why infant mortality has been accelerated in its decline. First there is the Notification of Births Act of 1907. I am glad to say that in four years 315 local authorities, representing more than half the total population of England and Wales, have adopted this beneficent measure. It is not only good in itself, in that it notifies a birth, and that it registers what results from the notification, but it is, so to speak, a safety alarm, that calls out the moment a notification takes place a number of other agencies that act directly and indirectly, and often simultaneously, upon the mother and the child, which was not possible until notification of births was secured.

"The next good thing has been the increasing appointment by local authorities of health visitors. Already a large number of women are employed on this work, and their efforts are meeting with great success.

"Sanitary inspection has made enormous strides, and I am glad to

say that the appointment of full-time medical officers in all the counties has had good results.

"For the midwives' organization I have nothing but the highest praise and gratitude. Midwives are improving their work and the quality and character of their membership.

"Better housing has played some part, and the notification of tuberculosis—which I am glad to say is now general all over the country, and compulsory upon everybody—has had indirectly very beneficial results in finding out infantile disease; and when such is found out we are able by that means to stop infantile mortality.

"Better feeding is coming with regard to children. The schools for mothers' movement—and meetings for fathers even—are doing a great deal of good.

"The enforcement of sanitation has gone a long way. There has been an improvement on behalf of the child in its home, in its feeding, and in other conditions.

"The increase in temperance will result enormously, not only in the reduction of infant mortality, but in giving the mother a happier, pleasanter, and less worried time before the child is born, and for six or nine months after the baby arrives; and the effect of that, both on the home, the parent, and the child in later years, statistics will not give you in cold figures, but it would have a remarkable result.

"There is one other thing that has been done that has helped enormously. London, which leads the world in its low general death-rate, which leads the world for comparative cities in its low infant mor-

tality, particularly in the last six or seven years—London has 9,000 milk shops, but it has also 9,000 public-houses. We have in the last year struck 1,144 milk shops off the register, because milk was being sold in unsuitable premises. That is a considerable advance. I wish I could do the same with the public-houses. That is more than it appears to be, because the activity of the local authorities in striking all those milk shops off the register because of unsuitability of premises is an indication of progress in every aspect of the administration of the milk and dairy business in this large city; and that is one of the many causes why we have been able to register 30 per cent. in the reduction of infant mortality in six years.

"Let me decide the food, the home, and the conditions of life of every child from birth to seven years of age, and the rest of mankind can do with the children after seven years of age what they like. The first seven years of life in my judgment, constitute the most susceptible and formative period on the physique, mentality, and moral character of the child.

"During the first year of life, the infant becomes 45 per cent. taller than at birth. He doubles his weight, and in the first five years the child's height is doubled. Between the age of five and six, he is six times as heavy as at birth, and at seven he has more than half the stature of the adult, is one-third his weight, and the brain is nearly full size. 'We are seven' connotes more than mere numbers. It indicates strength, virility, capacity, and

fruitful potentiality in the young child of seven years, and in the future men and women, and through both the race; and I have good reason for saying that.

"There is no aristocracy at birth or in birth. If you take five social groups in this vast County of London, you will find this very remarkable result. You will find that whether the mother is in Bermondsey or Belgravia, Mayfair or Shoreditch, in the first week of the baby's life the infant mortality is the same both in rich and in poor districts. In the second week there is only a small difference. In the third week there is a slightly higher change. In the fourth week, the difference between rich and poor, between Bermondsey and Belgravia mothers, is only the difference between 36 and 32 per thousand—almost infinitesimal. Up to a month they are nearly level. Up to three months, it is 46 to 60. Up to twelve months, the difference is between 78 and 122, and in some special areas it is between 60 and 160.

"Sarah Smith of Shoreditch is, as the figures indicate, the same as Lady de Vere of Mayfair. Their babies are on equal terms. The poorer baby has even an advantage in the first month, because a larger proportion of working women suckle their babies, as compared with the same number of comfortably-off women. But at the end of the year, as I have said, the difference is marked—nearly double the mortality among the poor. This should be avoided.

"The lesson from the facts is this: Go on with all your remedies,

all your agencies, to remove all the causes that endanger the life of the child. The much attempted, the amount achieved, may be the measure of what there is to do. Without pedantry, without doctrinaire views as to which is or is not the best method, try them all. With practical application of sympathy improve the houses of the people, improve their food, raise the too low wages of the poorly paid, make their environment better than it is. Add to the nursing, give comfort to the expectant mother, and when her trouble is over give her, for her

child's sake, the best you can afford. All this is worth doing.

"The stream of life is no purer than its source. The source is motherhood. Purify, dignify, and glorify motherhood by every means within your power. Exalt the mother and you elevate the child. Do this in no heroic, sentimental, or doctrinaire way, but with the sustained chivalry of applied common sense. Address yourselves to the health of the infant, the happiness of the mother, and the invincible and undying vigour of the great race to which we belong."

### Chicago Schools Give Practical Hygiene Course

ACCORDING to the weekly bulletin issued by the city health department one thousand girls between the ages of 12 and 15 years are now attending the "little mothers" classes in thirty-one public schools and one parochial school that have been thrown open to the work. The children are instructed in the care of babies. Classes are being held weekly. Regular attendance is encouraged by offering a class pin bearing the inscription L. M. S.

A course of instruction has been mapped out. Since the opening on January 12, 1912, the subjects of ventilation, fresh air, hygiene of the nursery, and care of the baby's bed have been covered. Bathing, dressing, feeding, including milk modification, sterilization, and home pasteurization, and all other points in baby care, will be embraced in the course.

Instruction is being given in the simplest and most impressive way. Practical demonstrations are em-

ployed whenever possible. Each girl is given the opportunity of performing the work with her own hands. All are encouraged to ask questions.

There will be sewing classes. Baby clothes will be made and may be taken home by the girls who have baby brothers and sisters in the family, or they will be given to some deserving mother. Even the teaching of lullabys is included in the program.

This instruction is given by the school nurses under the direction of the supervising nurses of the division of child hygiene. Two nurses are present at each class; one demonstrates while the other talks. That the instructing nurses may be fully advised of the most improved ideas and methods of baby care, bi-weekly conferences are held at department headquarters. Instruction and demonstrations are given and lectures are delivered by expert pediatricians.



## On the Management of Children Predisposed to Nervousness

By LLEWELLYS BARKER

Johns Hopkins University

(continued from page 12)

Parents and nurses are too little aware of the dangers of allowing the emotions or passions to go unbridled. The problem should be recognized and attempts at the beginnings of its solution should be made in early infancy. If a young infant be kept in a normal routine, despite any emotional outbreak which it may manifest, an excellent start in the training of the emotions will have been made. If a child learns, that, by crying or by an exhibition of temper, it can gain the thing which it thinks desirable, otherwise unattainable, a very bad start will have been made. Children should early be given to understand that they must control themselves before their desires will be gratified. How often has an indulgent mother given a child something it has asked for in order to stop its crying and to avoid a scene! It is hard to imagine anything, in the circumstances, worse for the child. If, instead, the mother had ignored the temper and told the child that it must say "please" and must wait a few moments after its temper has been controlled and the request has been made before the desire will be gratified, it would have been quickly possible to convince the child that it can get things by controlling itself rather than by emotional explosions. The substitution of self mastery for emotional outbreaks is easy when begun early but very difficult, indeed, well nigh impossible, if begun late in life.

Another mental attitude that bears watching is the craving of the child for sympathy. Parents are really unkind in yielding too much to such a craving. True kindness will teach the child to rely more upon self-help.

Still another manifestation, common in children and fostered too often by the example of the parents, is vacillation. In one form of functional nervous disease indecision is a most prominent symptom. Parents should see to it that children are not exposed to a pernicious example in this regard. While there are some children of the "hair-trigger" type who have to be taught deliberation in the making of decisions, there are more who have a tendency to doubt and indecision and who should be taught that it is better, after due consideration, to make a decision, even though it be wrong and to stick to it, rather than to remain undecided.

The extent to which the fallacy of indecision may be carried is well manifested by some of the psychasthenic patients who apply to physicians for aid. Their indecision is often shown by the way in which they make an appointment with the physician, making and breaking it several times or changing the hour repeatedly before finally appearing in his office. One of these patients told me that it sometimes took him hours to decide what clothes to put

on for the day. Fortunately such pathological cases are uncommon, but there is every gradation from the milder symptoms of vacillation to the outspoken and distressing indecision of the confirmed psychasthenic. The old motto, "When in doubt, act," should be kept in mind by parents who note a tendency to indecision in a child.

The control of the stronger passions is for some easier than the mastery of ordinary irritation, and nervous children should, both by example and by precept, be taught how to stifle irritability whenever it arises. So few adults have learned how to meet the daily friction that there would seem but little chance as yet for the nervous child constantly exposed to a bad example. As an observant writer said, "an important feature of the art of living consists in keeping the peace, the whole peace and nothing but the peace with those with whom one is thrown."

If parents are prone, in their daily lives and especially within hearing of children, to blame the people who surround them or the people about whom they talk, they may often, quite unconsciously, sow the seeds of malevolence in young minds. Just as cheerfulness and kindness are contagious, so, unfortunately, are moroseness, acerbity, churlishness and ill-will and the latter are mental states which are most harmful to the nervous system. It is entirely possible, with long training, practically to banish anger, worry, irritability and uncharitableness from one's life. You will be impressed with a passage in Arnold Bennett's book, *The Human Machine* (9) which deals with the mat-

ter of blaming, of judging others; and emitting verdicts upon them. You may not agree with him but he will make you think, at least, when he says: "All blame, uttered or unexpressed, is wrong. I do not blame myself. I can explain myself to myself. I can invariably explain myself. If I forged a friend's name on a cheque I should explain the affair quite satisfactorily to myself. And instead of blaming myself I should sympathise with myself for having been driven into such an excessively awkward corner. Let me examine honestly my mental processes, and I must admit that my attitude towards others is entirely different from my attitude towards myself. I must admit that in the seclusion of my mind, though I say not a word, I am constantly blaming others because I am not happy. Whenever I bump up against an opposing personality and my smooth progress is impeded, I secretly blame the opposer. I act as though I had shouted to the world: 'Clear out of the way, everyone, for I am coming!' Everyone does not clear out of the way. I did not really expect everyone to clear out of the way. But I act, within, as though I had so expected. I blame. Hence kindness, hence cheerfulness, is rendered vastly more difficult for me.

"What I ought to do is this! I ought to reflect again and again, and yet again, that the beings among whom I have to steer, the living environment out of which I have to manufacture my happiness, are just as inevitable in the scheme of evolution; as I am myself; have just as much right to be themselves as I

have to be myself; are precisely my equals in the face of Nature; are capable of being explained as I am capable of being explained; are entitled to the same latitude as I am entitled to, and are no more responsible for their composition and their environment than I for mine. I ought to reflect again and again, and yet again, that they all deserve from me as much sympathy as I give to myself. Why not? Having thus reflected in a general manner, I ought to take one by one the individuals with whom I am brought into frequent contact, and seek, by a deliberate effort of the imagination and the reason, to understand them, to understand why they act thus and thus, what their difficulties are, what their *explanation* is, and how friction can be avoided. So I ought to reflect, morning after morning, until my brain is saturated with the cases of these individuals. Here is a course of discipline. If I follow it I shall gradually lose the preposterous habit of blaming, and I shall have laid the foundations of that quiet, unshakable self-possession which is the indispensable preliminary of conduct according to reason, of thorough efficiency in the machine of happiness."

The growing child will nearly always find himself confronted by a sufficient number of disagreeable excitations to give him opportunity for the cultivation of emotional control. It is not desirable that life should be arranged otherwise for him; it would be far from advantageous to him to be protected from everything tending to stir his feelings and emotions. Attempts to follow the founder of Buddhism in the

idea of educating youth by suppressing desire and keeping the individual from the sight of suffering, care or sorrow, would lead to a race of weaklings insufficient for the struggle of life. Far better, as Ziehen (10) and Oppenheim recommend, purposely to expose the neuropathic child occasionally to opportunity for slight emotional outbreak in order that he may by a sort of "gymnastic" of the emotions gradually learn to be master of himself.

The sensitive nervous system, if over-protected in the early years, suffers keenly when later on the principle of protection has, perforce, to give way to the principle of exertion. A lady of great refinement, who, owing to an illness which necessitated hospital treatment, was unpreparedly made aware of the world-pain which exists and of which she had previously known but little owing to her mode of life, once told me how the sudden contact with suffering humanity affected her. "I saw and heard so much that distressed me that *all life seemed to be an open wound*. . . . I used to lie awake all night, thinking about what I had seen or heard or suspected during the day, and *I thought I should go mad* because I could do nothing to stem that rising tide of misery and corruption." Fortunately she was made of excellent stuff and so profited by the chastening experience that, on recovery, she joined a group of enthusiastic social workers and now labors earnestly to improve human conditions in the city and state in which she lives.

Especial care should be exercised to prevent disagreeable feelings and emotions becoming transformed into

the more persistent moods. It is often better for an emotion to discharge itself in the form of some definite act and thus bring it to an end rather than through the partial suppression of it, have it last in the form of a disagreeable mood, for a considerable length of time. Pouting, sulkiness, harboring a grudge,

or bearing malice, should be regarded as symptoms seriously to be considered and corrected, for if they be tolerated in the child, habits may be begun which will prepare the soil for the development, later in life, of the seeds of enmity and suspicion; the full grown plants are the persecutory ideas of the paranoid states.

(to be continued.)

The following editorial in a recent number of the *Ladies' Home Journal* is very suggestive:

"Come now," said a foreigner to me in Europe, "you American people are not so serious about this divorce question as you would like the world to believe," "And why not?" I asked. "Why not?" he replied, "Why look at your marriage laws, they are positively indecent. Do you realize that they are the laughing stock of all Europe? If you are really as serious on this divorce question as you want folks to believe, why don't you stop the indecent ease with which any one can get married in your country? What else can you expect with your loose laws?" And then he closed with: "A little less show of all this virtuous indignation and a little more show of actual decency would be more convincing to the world."

I looked up the marriage laws of my friend's country and I found five requirements: First, a certified copy of the record of birth of both prospective bride and bridegroom; second, if these records show the young people to be of the required age to marry, a license is issued which authorizes the marriage to be solemnized any time after a month from date of the license; third, the intent to marry is then "posted" on a public board at the city hall and in the official newspapers;

fourth, after a month the marriage takes place in a special room at the city hall by a magistrate; the only ceremony recognized by law; fifth, if the parties or their parents desire, a subsequent marriage may be celebrated at church or at home by priest or minister.

"What red tape!" said an American girl when she heard this: "The American girl would never stand for that rigmarole." But how about the results of that "rigmarole?" In that country there were granted 995 divorces in the same year that in America there were granted 72,000 divorces. A smaller population perhaps, some one will say. True, but equalize that population to ours and the divorces would still be in proportion as of fifteen to our seventy! But then we have no "rigmarole"; we have "American democracy."

Without needing to approve of all the legal conditions in the country referred to in the foregoing article, we ought to feel that some such careful measures are necessary in our own country. If there were less haste sometimes in getting married, there would be more leisure in getting divorce. If marriage were made more difficult by our legislation, the welfare of the home and those constituting it would be much better safeguarded.



# The First International Congress of Eugenics Held in London from July 24 to July 30, 1912

## AN INCREASED RESPONSIBILITY FOR PARENTS—A NEW ERA OF HEALTH, JOY, AND INTELLECTUAL ACTIVITY FOR CHILDREN

By MRS. MILTON P. HIGGINS  
Delegate from National Congress of Mothers

EUGENICS is a wonderful new science which will probably be considered one of the distinguishing marks of the twentieth century. As the nineteenth century is to be known as the era of mechanical invention, so shall the twentieth century be known as the era which marked the study and improvement of the races.

The subject is of sufficient importance to call for the widest observation and deepest study by the most celebrated scientists. It is so far-reaching in its significance, that no parent can afford to remain in ignorance of the principles involved.

Eugenics is the study of the agencies under social control, which may improve or impair the racial qualities of future generations, either physically or mentally. There is no work in the world so high or so holy as that which parents share jointly with the Maker of us all, viz., the creation of man.

England's attitude towards this great Congress, which had sent its delegates from nearly every nation, was shown at the inaugural reception given by the President, Major Leonard Darwin, D.Sc., at the Hotel Cecil. Addresses of welcome were also given by the Right Hon. A. J. Balfour and by the Lord Mayor of London, who also gave a reception

later to the members at the Mansion House. Another reception was held by her Grace the Duchess of Marlborough at the Sunderland House. Our American Ambassador and Mrs. Whitelaw Reid showed their hospitality by a reception at their house, and Mr. Robert Mond of Sevenoaks, County of Kent, gave a large garden party providing special trains and conveyances to and from the station, with a feast of good things upon his spacious lawns. Surely England's hospitality was fully extended to these important guests from foreign lands. There were delegates present from Italy, France, Germany, Denmark, Norway, England, America, and from other lands.

The meetings for addresses and discussion were held in the large hall at the Imperial Institute, South Kensington, and the delegates represented universities, colleges, societies, and associations. They consisted of earnest scientists both men and women. It was necessary that the National Congress of Mothers and Parent-Teachers Associations should be represented for its great object, Child-Welfare, was the underlying theme of the whole Congress.

Large exhibits were displayed in adjoining rooms, consisting largely

of statistics, charts, etc., giving the results of prolonged and personal study. One of the most complete and largest was that of Dr. David F. Weeks of Skillman, N. J., who has made an exhaustive study of epileptic and feeble-minded patients. Many books and pamphlets were offered for sale, some of the most valuable being those on "Adolescence" by our celebrated Dr. G. Stanley Hall of Clark University, Worcester, Mass., who is a member of the advisory board of the National Congress of Mothers and Parent-Teachers' Association.

Dr. F. C. S. Schiller, of Oxford University, spoke on "Practical Eugenics as Related to Education." He dwelt on the danger of failure in educational systems. He suggested improvements in the athletic system so that, first, fitness should not mean a merely physical ideal, and, second, in the scholarship system; liberal education should be conceived as intrinsically useful, and not merely a game with intrinsically useless subjects.

Another speaker on this topic was Prof. S. G. Smith of Minnesota University, who took for his subject "Eugenics and the New Social Consciousness." He said: "The exclusion for parenthood of such wards of the State as the feeble-minded, the insane, and the pauper, has gone beyond debate; and for all that are excluded, custodial care is required. There is need to develop a new ethical sense of the individual in regard to his own relations to the social group. We have not yet sufficient facts to establish a definite relation between physical fitness and

social efficiency. This is the place for caution."

He spoke of questions relating to maternity among the poor. "Hard labor should be forbidden to the expectant mother; she must have nourishing food and her surroundings must be wholesome." He considers the whole movement as looking to the triumph of a vital democracy that is more important than either political or industrial democracy.

Under the topic "Biology and Eugenics" there were many able papers. Dr. Soren Hansen of Copenhagen spoke on the "Increase of Stature in Certain European Populations," and although he admitted that in Denmark there had been an increase of height in the last several generations, he thought no one would deny that the people of a thousand years ago were fully as tall as those of to-day.

Prof. Ruggeri, Professor of Anthropology of Naples, told of the variation between the races and said that "every race has an hereditary possession of certain characters which is completely transmitted to the descendants."

Dr. Raymond Pearl, of the Maine Agricultural Experiment Station, told of his experiments on hens whereby he furnishes a new conception of the mode of inheritance of fecundity which he thinks may be helpful in suggesting a method of attacking the same problem for man.

Dr. David F. Weeks, of Skillman, N. J., gave a carefully thought-out statistical paper on "The Inheritance of Epilepsy" from which he draws very vital conclusions, one of which is that epilepsy tends in suc-

cessive generations to form a larger part of the population.

Under the head of "Sociology and Eugenics" Dr. F. A. Woods, of the Harvard Medical School, in his address on the "Relation between Eugenics and Historical Research," states the fact that "there are four hundred thousand books on history," and he says that "these form an almost unworked mine of information easily available to every student of eugenics. It is high time that the human record, so ancient in its beginnings, should be used to contribute to that most modern of sciences, the improvement of the human breed."

In his address on the maternity statistics of the State of Rhode Island Dr. Frederick L. Hoffman, Statistician of the Prudential Insurance Company of America, says: "It cannot be questioned that the diminution in the average size of the family, and the increase in the proportion of childless families among native-born stock is evidence of physical deterioration and must have a lasting and injurious effect on national life and character."

Prof. Loria, of the University of Turin, gave an address on "The Psycho-Physical Elite and the Economic Elite" in which he contended that excellence of individual qualities did not depend on largeness of income, and that there is an absence of any link between economic superiority and psycho-physical superiority.

Prof. Kellogg, of the Leland Stanford University, had a paper on "Eugenics and Militarism," showing considerable direct eugenic disadvantage in certain types of mili-

tarism. This paper provoked considerable lively discussion as did many of the others. - Indeed so many were desirous of taking part in these discussions that their time was limited to five minutes and later reduced to three minutes.

"Medicine and Eugenics" made still another section of the Congress, and under this head Dr. Mgöen of Norway spoke of the effect of alcohol on the future generation. Dr. Magnan of England, member of the Academy of Medicine, and Dr. Fillassier, together presented an address on "Alcoholism and Degeneracy" in which they said that, "the necessity of an implacable war against alcoholism, which crowds our asylums, our hospitals, and our homes with insane persons, and sends a constant stream to our prisons and reformatories, such a war must be the principal aim of the Eugenics Congress."

"Eugenics and Obstetrics" was ably treated by Dr. Agnes Bluhm of Berlin.

Some of the other subjects treated were "Heredity and Eugenics in Relation to Insanity and to Backward children," also "The Place of Eugenics in the Medical Curriculum" was the subject of an address by H. E. Jordan, Chairman of the Eugenics Section of the American Association for the Study and Prevention of Infant Mortality. In this address he advocated more adequate preparation on the part of medical students in the fundamentals of biology, so that they might properly comprehend the import and application of eugenic facts.

This was a wonderful Congress, initiating what must be a world-wide

movement participated in and welcomed by individual parents if it is to accomplish the desired result and improve the quality of the children of the coming generations.

Fathers, mothers, teachers, mem-

bers of our National Congress of Mothers and Parent-Teacher Associations, all who are engaged in Child-Welfare work, will usher in this new movement with hearty interest and co-operation.

## Public Schools As Social Centres

"NEW YORK has invested \$150,000,000 in school buildings and sites," declared Superintendent Maxwell. "Until we established social centres, the buildings were used but 1000 out of 8640 hours a year, or about 12 per cent. in 1911 in New York, 8,943,865 persons took advantage of the opening of school buildings for social activities at night, and we have just begun.

"Children, especially those in large cities, need development, for vicious tendencies pertain to masses of population centred in cities.

"Churches are not doing much toward recreation. Pews in churches are fastened down, so that the only use of the edifice is to listen to the preacher, and you can't talk back, either. Desks in most schools are fastened down, and the rooms are used only for writing and reciting.

"There is a third agency better than the church and the parks of a municipality. It is the school in every section of the city. Recreation under the control of school authorities is more likely to bring greater results, because the right kind of people are in charge. Politics has less to do with schools than with parks. I have found the attendants and directors of parks are more or less political heelers who don't know their business.

"Public school buildings and

public school machinery are needed for social centres. In New York we have evening schools and a lecture system. In every school in New York a lecture is given at least once a week, attended by pupils and their relatives. Persons of distinction—college professors, clergymen, lawyers, etc.—speak, and they have told me these audiences demand their best efforts—better even than students of a college require of a lecturer. Last year 1,250,000 persons attended these night lectures.

"Girls have dances in the schools at nights, and on one night each week they are permitted to invite their men friends, those, who are properly vouched for. I have attended these dances and never yet have seen the Grizzly Bear or the Turkey Trot. The department of these children would not have misbecome any drawing room in America.

"We have turned 12 of our roofs into playgrounds, and about 4000 children crowd on to each roof every night in the hot months. We have baths, vacation schools and indoor playgrounds, the latter being built in the basement of every school we are erecting or will erect. The indoor playground can be used every hour of the year, and hence is of greater benefit than the out-door playground.



## Country Life Department

### NATIONAL CONGRESS OF MOTHERS

THE Country Life Department of the National Congress of Mothers has devised a practical plan for manual training work in the home. The report card asks parents to assist the teacher by reporting each quarter the progress the child has made at home in the different divisions outlined. For girls credit is given for sweeping, dusting, school luncheons, bread baking, sewing, washing dishes, ironing, setting fireless cooker.

For boys reports and credit are given for feeding stock, milking, currying horses, providing fuel, feeding poultry, dragging the road.

Teachers or parents desiring to use the method can get further information from the National Chairman, Mrs. Frank De Garmo, 6186 Washington Ave., St. Louis, Mo.

The Boy Scouts of America asked the assistance of the Mothers' Congress in forming a practical plan for enlisting the interest of the boys in good roads. The plan was carefully worked out, by Mr. Logan Waller Page, Mrs. De Garmo and Mrs. A. H. Reeve, and has been officially adopted in the code of instruction to scouts. As "hikes" are an important part of the boy-scout code, as already there are 500,000 boy scouts, the roads of America will be submitted to closer scrutiny than has ever been given before.

The Department of Good Roads has recently urged that every college

give special attention to the education of Highway Engineers, as the demand for experts in this line is more than the supply. The boys who become observant of road conditions will be ready to avail themselves later of the training for this work. Fathers and mothers who wish to advise their boys of professions not overcrowded, should note the need in this direction.

Sir Robert S. S. Baden-Powell, after six weeks spent in America, was especially impressed by the American boys. He visited probably 75,000 or 100,000 boy scouts of America and had an opportunity to scrutinize the boys carefully and closely. "The American boy," he writes as a result of his visit, "is singularly bright, self-reliant and sharp beyond his years, as compared with his European brother. He is splendid material if there were only added to it a character for self-control, discipline, thoroughness, chivalry and capability for sticking to his job. His good qualities I could see for myself, but my attention was drawn to his defects by numbers of Americans having different points of view from which to judge him.

"These were men who saw value in scouting, which I had not previously realized.

"I had thought that in the case of British boys, and still more in the case of some of our continental neighbors, the training might be expected to help the development in

them of manliness, self-reliance, alertness and other such qualities, whereas in the American boy these already appear to exist.

"But it was shown to me that, whereas the old world boy may want pushing on and waking up, the new world boy rather needs holding in, and the inculcation of discipline and the sense of duty to others which he does not otherwise get. So if scouting really helps to bring about some of these it will be a work of national value."

Emphatic endorsement of the purpose of the American Road Congress which is to be held in Atlantic City, September 30 to October 5, is given in a statement by Representative Oscar W. Underwood, Democratic leader in the House, which has just been issued.

"The one great weakness of the movement for better roads in the United States," said Mr. Underwood, "has been the lack of correlation among the various associations working towards the same end but with different methods. One association has been agitating one plan and another association another plan. In consolidating their convention interests the American Association for Highway Improvement, the American Automobile Association, and the National Association of Road Machinery and Material Manufacturers have taken a great step forward.

"I remember once being on the other side of the Atlantic Ocean and I saw a great white fleet of ships that had travelled around the world, sailing into the foreign port, the

national emblem of our country at its mast; as they came steaming up the harbor I was thankful that I was an American and felt thankful that we had the greatest fleet that ever sailed around the world. I remember once standing along the line of a railroad system in a distant country and as I saw a train of freight cars being hauled along the track, I noticed the locomotive that was pulling the cars and it was a Baldwin locomotive built in America by our own people carrying the commerce of the world and again I felt proud that I was an American. But when I went up into the mountains of Switzerland and Italy and saw those magnificent turnpikes, graded roads, running up the mountain sides, smooth as a concrete floor, gutters on the side, carrying off every drop of water, perfectly smooth, so that the people even in that mountainous country could carry their produce to the market at the lowest possible outlay; then I thought of the terrible roads that I had seen in my own home State, that I had seen in almost every State in the Union, and for once and the only time in my life, I had to bow my head with shame and could not declare that so far as our road system was concerned I was proud of being an American citizen.

"I have already introduced a joint resolution which has been passed by Congress providing for an appointment of a Congressional Committee to investigate all phases of the road subject. I have worked consistently to benefit the roads of the United States and I believe that

the American Road Congress will crystallize the movement and map out a plan on which the work can go forward in the future."

The Country Life Department has a plan of work for girls' clubs and for boys' clubs in the country. Home culture in the girls' clubs in-

cludes every phase of household work.

Colorado and New Jersey have developed the work on somewhat different lines.

Mrs. Frank De Garmo, 6186 Washington Ave., St. Louis, Mo., will advise as to methods.

## A Wider Pension Move

By AGNES H. DOWNING

THE move for pensions for widows advocated by Clara Cahill Park in the June number is an admirable one. It is a measure to translate into deeds the fine sentiment that is a part of our race heritage. But would not this bill be full of even greater possibilities of good if it included the unmarried mothers as well.

At first glance this may be thought to be encouraging immorality but we should remember that these unfortunate sisters of ours are usually very young girls, and because of the extreme difficulty of their finding work, their condition is pitiable in the extreme. For whatever the troubles of the widow to find work at wages to keep herself and child comfortable, and that seems well nigh impossible, the difficulties of the unfortunate girl are immeasurably greater. The world, with the exception of some limited forms of private charity, has always turned a deaf, unsympathetic ear to her case, almost to the extent of denying her any opportunity. The sad result we all know. The girl in this situation who escapes a far worse fall than her one first mis-step has led her

into, is the exception. When we remember this might we not consider that to include her in this pension bill, far from being an encouragement to wrong-doing, would be the very means of saving her from the worst forms of wrong-doing.

In support of this idea we have the recommendation of the Vice-Commission of Chicago, which had for its chairman the very Reverend Dean Sumner and as its members the devoted members of many philanthropic societies. This commission recommended that the State take some measure for a regular, systematic aid to girl mothers. The commission, after exhaustive examination into conditions, felt that such a permanent and State-given aid to such girls would be the highest kind of a moral measure.

There is no society better fitted to take an initial step in such a move than the Mothers' Congress. It is great enough to see a question like this in all its aspects, and its results not alone on the poor girls concerned and on their children but on the whole of society.

Let us work for a Mothers' Pension, not a Widows' Pension.

# NEW BOOKS

Books to be reviewed in this Department should be sent to Mrs. Frederic Schoff,  
3418 Baring Street, West Philadelphia, Pa.

**Race Culture. Mother and Child.** By Susanna May Dodds, A.M., MD. Published by Health Culture Co., Passaic, N. J.

A book written by a woman who is also a physician. Full of valuable information for women in regard to themselves, and in regard to the care of children before and after birth.

**A New Conscience and an Ancient Evil.** By Jane Addams. The MacMillan Co.

A brave, clean presentation of the dangers girls meet and the temptations that beset them. No mother who regards the safety of her own daughter should fail to read this plain statement of the present-day condition of the social evil. Only as parents know it and help to educate youth to the single standard of morality will the world improve in this particular. Parents who omit instruction on the procreative functions of life subject boys and girls to the gravest dangers. Only knowledge and a high ideal of sex can safeguard youth. Laws may have some effect, but in the long run parental education of children will evolve the extinction of the social evil.

**My Life in Prison.** By Donald Lowry. Published by Mitchell Kennerly, New York.

The world of happy men and women knows almost as little of the men and women in jails and penitentiaries as they know of their friends who have died. It is death in life, when a man is only known by a number, when a prison cell and prison stripes are his lot. This is a story of real life, of a young man, the son of good parents, penniless, hungry, and unable to get employment, who felt it less dishonorable to steal than to beg, and who staked his future on the tossing of a mutilated coin as to whether he should commit suicide or steal. The coin decided the latter. He says: "I am not a criminal. Every atom of my body, every vibration of my mind revolts at the thought of crime." Yet he served a sentence of ten years in San Quentin penitentiary. Read the book and see what human beings in the United States are enduring, and then ask

whether the Inquisition could have been much worse. The story is one which should do for the prison system what "Uncle Tom's Cabin" did for slavery. The whole method of criminal procedure should be changed if crime is to be decreased; if we are our brother's keepers we should so keep them that when they emerge from the disgrace and forced confinement of a prison, they may have a chance to lead decent lives.

Cruelty, crowded conditions, bad air, the almost certain danger of tuberculosis and idleness are not in the sentence which condemns a man to prison.

The sentence, the confinement and the disgrace are punishment enough without these other accompaniments. These inmates of the prisons are mother's boys, many of them who are never heard from by their mothers because they prefer silence to giving mother the sorrow of knowing where her boy is. This glimpse of life in prison, given in clear, calm language should have wide reading that will lead to concerted effort to find better methods of dealing with those who do wrong.

**The Master of the Oaks.** By Caroline Abbot Stanley. A novel. Fleming H. Revell Company, New York.

The story of a young man in a bank, who used funds for speculation because a delayed letter did not arrive with promised money. His discovery, arrest and imprisonment, and the difficulties he met after release are all told in most interesting and impressive way. The love of a good woman and their lives spent in setting others on their feet is a happy ending to lives which had experienced deep sorrows.

It is the story briefly told almost daily in every newspaper. Speculation, the use of trust funds, more speculation to cover the first fault, finally exposure, arrest, imprisonment, or suicide. The author shows in convincing manner a phase of life all too common, and incidentally the reader is led to feel that while the man in prison has committed a crime, the system which treats the crime is not above criticism. Books like these show the trend of new thought. A national commission to study causes and treatment of crime is greatly needed to-day.



## Aims and Purposes of National Congress of Mothers

To raise the standards of home life. To develop wiser, better-trained parenthood.

To give young people, ignorant of the proper care and training of children, opportunities to learn this, that they may better perform the duties of parenthood.

To bring into closer relations the home and the school, that parent and teacher may co-operate intelligently in the education of the child.

To surround the childhood of the whole world with that loving, wise care in the impressionable years of life, that will develop good citizens, instead of lawbreakers and criminals.

To carry the mother-love and mother-thought into all that concerns or touches childhood in Home, School, Church, State or Legislation.

To interest men and women to co-operate in the work for purer, truer homes, in the belief that to accomplish the best results, men and women must work together.

To secure such legislation as will ensure that children of tender years may not be tried in ordinary courts, but that each town shall establish juvenile courts and special officers, whose business it shall be to look out for that care which will rescue, instead of confirm the child in evil ways.

To work for such probationary care in individual homes rather than institutions.

To rouse the whole community to a sense of its duty and responsibility to the blameless, dependent and neglected children, because there is no philanthropy which will so speedily reduce our taxes, reduce our prison expenses, reduce the expense of institutions for correction and reform.

The work of the Congress is civic work in its broadest and highest sense, and every man or woman who is interested in the aims of the Congress is cordially invited to become a member and aid in the organized effort for a higher, nobler national life, which can only be attained through the individual homes.

## EDUCATIONAL COMMITTEE

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## BRIEF NOTES OF THE CHILD-WELFARE CAMPAIGN, NATIONAL CONGRESS OF MOTHERS, IN VARIOUS SECTIONS OF THE UNITED STATES

Collected and edited by the National Publicity Chairman

The Berkeley High School Mothers' Club, of Berkeley, California, secured an appropriation from the City Council for a tennis court fitted out this vacation for the enjoyment of such children as remained in Berkeley, and for the school during the coming year. Another important undertaking of the organization is the rest room, which is now ready for the furniture.

The Child Hygiene Committee of the Illinois Congress of Mothers co-operated with the Chicago Medical Society and the Chicago City Club and gave a series of free, illustrated lectures on "The Fly and its Relation to Health." Eleven lectures were given in different locations, in the crowded districts, and were well attended.

The Spokane (Wash.) Mothers' Congress have decided that their most urgent need is a hotel for women, where poorly paid girls and women can get board and room, and can live in the right kind of surroundings. They are working for the necessary amount to launch the undertaking and believe that it will not be difficult to interest moneyed people.

The Mothers' Club of the Sixth District of Cincinnati, Ohio, has presented the school with a player-piano. This club has received special lectures on contagious diseases, how to avoid them, also how to care for the sick in the home.

The Mothers' Club of Beaumont, Texas, maintain a small library and reading room over the central fire station. They asked for and were granted a monthly appropriation to help pay the running expenses.

In Colorado, especially in Denver, the Girls' Branches of the Congress of Mothers are a great success. Twice each month the girls and their mothers meet for the benefits to be derived from the Congress. Once a month a party is given to which they invite their young gentlemen friends. The girls are exerting a good influence on the boys in many ways, for example, they have completely broken up the habit of going out between dances for a smoke.

The Missouri Branch asked for a special day during the St. Louis Fair this month (September). Tuesday, September 23, will be Mothers' Congress Day, and one

of the events will be a baby show, in which mere beauty will have no influence, as the babies are to be judged according to Holt's rules to decide which are the fittest physically. There will be a cake-baking contest for girls and a manual exhibit for boys.

In connection with the Summer School of the University of Oregon, the Mothers' Congress convened for several sessions in Eugene, and were addressed by some of the most prominent educators of the State.

The Fourth Annual Conference of the Mississippi Branch was held in Brookhaven, July 9, 10, and 11. One feature was a round table discussion on "The Promotion of Our Work."

The Wisconsin Branch occupied one of the booths in the recent Household Show held in Milwaukee, where all that is best and most modern for use in the home and school was displayed and explained.

The Iowa Branch has inaugurated a special child-welfare campaign, which began with the State Fair in Des Moines. The general purpose of the movement is to enlist a host of earnest women and men in personal interest in childhood. A tent was erected on the grounds near the Iowa State College, in which free lectures were delivered each day during the week of the Fair. The speakers were eminent physicians, who gave instruction and advice to mothers and all interested in the right care of children.

(The activities cited above are indicative only in slight degree of the numberless ways in which organized motherhood is helping the children.)

MRS. EDGAR A. HALL,  
National Publicity Chairman,  
2931 Fulton Street, Chicago.

## State News

### IMPORTANT NOTICE

News items from the States must be in the hands of the editorial board by the fifteenth of the previous month to ensure their appearance in the next magazine. The editorial board earnestly asks the attention of every press chairman to the necessity of complying with this rule.

### ANNUAL CONVENTIONS OF STATE BRANCHES NATIONAL CONGRESS OF MOTHERS AND PARENT-TEACHER ASSOCIATIONS

PENNSYLVANIA, GETTYSBURG, OCT. 17, 18, 19.  
TEXAS, HOUSTON, NOVEMBER 14, 15, 16.  
NEW JERSEY, RIVERTON, NOVEMBER 8, 9.  
NEW YORK, ROCHESTER, OCTOBER 3, 6.

INDIANA, HUNTINGTON, NOVEMBER 11, 12.  
IOWA, OTTUMWA, OCTOBER 8, 9, 10.  
MASSACHUSETTS, GREENFIELD, OCT. 31, NOV. 1, 2.

### COLORADO

Ten circles of girls under the care of the Colorado Mothers' Congress have met every week all summer. The enthusiasm of the girls is unabated, and all will be better fitted to make good homes from the teaching given them. A picnic at Golden and various other outings have been enjoyed.

The State Teachers' Association has invited the Mothers' Congress to have a practical talk on Parent-Teacher Associations at their annual convention. A number of influential women have consented to speak for the Congress in response to the many calls that come. The Mothers' Congress Board appointed Mrs. Shackelford and Mrs. Yetter to attend the meeting at the Woman's Club to discuss plans for a memorial to Mrs. Sarah Platt Decker. As the woman who so cordially called together the women she felt would be interested in a State branch of the Congress Mrs. Decker may be regarded as the mother of the Colorado Congress.

### CONNECTICUT

The New Haven Mothers' Club is planning to hold a Pure Food Exposition in October. Thursday, October 19, will be

Congress of Mothers' Day and all the circles in the State are invited. Mrs. James S. Bolton is chairman of the committee of arrangements.

The New Haven Mothers' Club will hold a Domestic Science and Pure Food Exposition in the State Armory October 9th to 19th. Realizing that the success of the Pure Food and Honest Label movement can be assured only by making known to the public those products which are unadulterated, and by creating an active demand for them on the part of the consumer, the New Haven Mothers' Club seeks to make this Exposition a source of great help to the intelligent housewife and the honest manufacturer.

Women were largely responsible for the passage of the Pure Food bill and women all over the country are now uniting to save this bill from destruction.

October 14th will be Connecticut Congress of Mothers' Day and a fine program will be arranged for the members whom it is expected will come from all parts of the State. Mrs. James S. Bolton is chairman of the Committee of Arrangements. The Mayor of New Haven, Hon. Frank J. Rice, says, "The city is vitally interested, but unable to do what the Mothers' Club is energetically doing, moulding public opin-

ion and teaching every citizen the value to the individual and the city, of pure food and the menace of impure. I welcome the Exposition as an aid to the efforts of the Board of Health to create wholesome food conditions for the citizens of New Haven."

#### ILLINOIS

The Illinois Congress of Mothers and Parent-Teacher Associations, conducted a Child-Welfare Conference Tuesday, Oct. 1, 1912, in Aurora, Ill. By invitation of the Aurora Congress of Mothers.

Program—2:30 P.M.—Mrs. William B. Owen, Presiding. Music; address—"Playgrounds: How to Secure and Maintain Them," Mr. Edward De Groot, Former Superintendent of Playgrounds, Chicago. Address—"Parent-Teacher Clubs in the High and Grade Schools," Mrs. George W. Eggers, Chicago. Discussion, Music.

8:00 P.M.—Mrs. L. D. Doty, Presiding. Address—"Education and Sex Education," Mr. William B. Owen, President Chicago Teachers' College. Discussion.

#### IOWA

The child-welfare exhibit and the baby health contest which were conducted under the auspices of the Iowa Congress of Mothers at the Iowa State Fair attracted wide interest. Number of visitors came inquiring about the work of the Congress and about the child-welfare campaign and the health contest.

The health contest was tried out last year and found so wonderfully successful that its advent this year has been eagerly awaited by proud mothers and fathers. This year the Congress has branched out even more and started the child-welfare plan.

In the spacious tent which the management of the State Fair set aside for the child-welfare exhibit, there was much to interest one.

One of the especially interesting features was the model rural school, including the building and equipment, and even showing the value of good roads. Mrs. A. M. Deyoe has charge of this feature which was of such wide interest.

In the Mothers' Congress tent at 2 o'clock every afternoon there were most interesting and instructive talks by those best qualified to speak along the lines pertaining to child-welfare. Talks on the value of fresh air, of food values and their relation to the development of children; how to secure good bone and firm muscular development in the child, of the mental, moral and emotional development of the child by training; rural child-welfare, the value of the parent-teachers' association to the community.

In the Mothers' Congress tent visitors were most cordially welcomed each day by Mrs. B. F. Carroll, State President of the Congress, and the members of the Congress who were in attendance to help visitors to more fully understand the need and

means of conserving our children in all their powers, physical, mental, moral and spiritual.

The big day of the State Fair, according to the Mothers' Congress, was when the babies who won the honors in the baby health contest were awarded the prizes. It was a novel and interesting sight, all those tiny mites representing perfect babyhood. Entries for the contest were made to Mrs. F. S. Watts.

Mrs. Mary T. Watts, of Audubon, originator of the baby health contest in Iowa and general superintendent, shook her head dubiously over a number of entries in this competition. There were on file 175 entries. To secure data for the American Medical Society, which is co-operating with the Iowa Congress of Mothers and the extension department of the State College of Agriculture at Ames, in the conduct of this baby health contest, the committee in charge required answers to questions concerning the feeding and habits of sleeping of the child.

#### The Prize Baby.

Name—Dorothy Klusmeyer, Des Moines.

Age—two and one-half years.

Weight—36½ pounds.

Height—36½ inches.

Circumference—21 inches.

Around abdomen—20 inches.

Length of head—5¾ inches.

Width of head—5¼ inches.

Circumference of head—20 inches.

General grade—97½.

A new record for perfect babies was set when little Dorothy Klusmeyer, the 2½-year-old daughter of Mr. and Mrs. Harry B. Klusmeyer, Des Moines, was awarded the baby championship of the world at the annual babies' health contest held in connection with the fair.

In winning the championship, little Miss Klusmeyer established a new record for perfect babies. She was given a grade of 97½ per cent., just ½ per cent. higher than the record made by Master Charles Elmer O'Toole, last year's champion.

It took just three and one-half days of almost continuous work for the judges to decide the winner. A total of 256 babies had entered the contest and over fifty of them were serious contenders for the title. Nearly a half of the babies entered ranked well about the 90 per cent. mark.

The perfect score gives a child the weight of 31 pounds, a height of 35 inches, a chest of 20 inches and a head measurement of 19¼ inches.

What Miss Klusmeyer lacked in correct physical proportions, according to standard markings in the official score card adopted by the American Medical Society, she more than outbalanced in the psychological test.

The score cards of this baby health contest will be turned over to the American Medical Society to be used in compiling statistics on the general health of the children in Iowa and for comparative data in regard



to the relative physical development of rural and city born children. In the contest the official scorers announced that the city babies ranked better than the country born babies and that the girls secured higher ratings proportionately than the boys.

The merits of this movement were so satisfactorily demonstrated last year in the Agricultural Department of Iowa State College, at the State Fair, that the Fair Association for 1912 established it as a regular department under the direction of the State Board of Agriculture with Mrs. Watts as Superintendent.

Plans were made for a larger contest and better equipments with prizes to the amount of \$300.00. Accordingly rules governing contest were sent out. Entry cards were sent on application, which entitles holder to a definite time of appointment.

This score-card takes into consideration height, weight, circumference of chest and abdomen, symmetry, quality of muscle, skin, and fat, the head and face, and also the psychological factors of disposition, energy, attention, facial and ocular expression.

The object is to arouse greater interest in child study, and to secure and compile accurate information which will assist parents, educators, and scientists to a better understanding of the laws of child development.

The author of the official score-card is Dr. Margaret V. Clark, of Waterloo.

This "Iowa idea" was devised, developed and organized by Mrs. Watts, formerly president of the Iowa Congress of Mothers. The State Committee of the Iowa Congress consists of Mrs. F. S. Watts, Audubon, Dr. Lena Means, Des Moines, chairman of Committee on Public Health Education of the American Medical Association, Mrs. Allen D. Ruste, Charles City, chairman of Committee on Education of the Iowa Congress of Mothers.

Parenthood is waking up to the importance of child study. Physicians, educators, and all child-welfare organizations are emphasizing the need of a "better crop of boys and girls." That it will pay the Iowa citizen to raise prize babies as well as prize hogs, the Iowa mother is indeed ready to demonstrate. That Federal bulletins on how to raise children as well as free bulletins on how to raise corn will no longer be questioned.

The study of Agriculture and Home Economics has revealed to men and women greater possibilities for the child and the home. The needs of the child, the right to be well born and well reared are engaging the best parenthood, and the best citizenship of our country.

MARTHA D. RUSTE.

#### MASSACHUSETTS

This coming year we hope to make our banner one. Massachusetts is now start-

ing on its third year's work. It usually takes two years to become adjusted to the routine work, find the real leading helpers, understand the peculiarities of the different localities, and to really begin *doing things*. Then, too, this year we are to have the honor of the National Congress of Mothers' meeting with us in May. That thought must give us all great inspiration in the work of our organizations.

We want each individual member to feel that the National Convention will be a wonderful success if each one will assume some responsibility. If each member would only follow the guidance of her spirit of helpfulness in this matter and sit down to write the State president of her determined willingness to be used, what a gloriously helpful and successful convention the one of 1913 will be.

Mrs. M. P. Higgins, State President, has been in Europe this summer, but returned in September. Her renewed strength and energy will give added zest to our work.

The Convention of the State Congress will be held in Greenfield, Oct. 31, Nov. 1, 2.

#### MISSOURI

The Missouri Branch of the Mothers' Congress are to share with the Governors the honor of opening the St. Louis Fair September 23d, which is under the care of the St. Louis Universal Exposition Company. The State Fair at Sedalia, October 1st, has invited the Congress to have an exhibit and a day for mothers there.

It will be an excellent opportunity to enlist the interest of many new members.

The Missouri branch of the Congress, not yet six months old, has already published an excellent hand-book, and has enrolled a large membership.

#### NEW YORK

Rochester has many Mothers' Clubs and Parent-Teachers' Associations, all of which are working with a will to make the coming assembly a credit to their city and to the State President, Mrs. Deloss G. Eldredge, of Rochester, as well as a most profitable meeting to the delegates from the forty-five affiliated clubs. The Rochester Mothers have been doing good child-welfare work in raising \$1500 for the Children's Free Dispensary.

The Mothers' Assembly of the State of New York will hold its annual convention at Rochester, October 1, 2, 3, and 4.

A fine program is being arranged by the Program Committee, Mrs. W. P. Andrus, Rochester, Chairman; Mrs. Henry Osgood Holland, Buffalo; Miss E. W. Barstow, New York; Mrs. Emerson Gallop, Albany.

Beside getting ready for the Mothers' Assembly, Rochester Mothers' Clubs and Parent-Teachers' Associations have been busy in child-welfare work. A Flower Day in charge of Mrs. Deloss G. Eldredge was a marked success. Flowers were sold by the club members and 125 young girls



dressed in white, from automobiles located at various points on the principal streets. By this means \$1500.00 was raised and turned over to the Children's Free Dispensary conducted by the Rochester Public Health Association.

The Rochester clubs have been very active the past year. The schools have been furnished with victrolas, pictures, and statues. The poor of various districts have been cared for, and luncheons furnished to defective children.

The Mothers' Council of Niagara Falls have issued their calendar for 1912-1913, with the following forethought: "The Rulers of this country need knowledge; but mothers need it more."

This club is limited in membership to twenty-five. Meetings are held the second and fourth Tuesday of each month at the homes of members. Roll call is responded to in various ways—vacation experiences, favorite hymns, current events, Thanksgiving thoughts, diversions for mothers, favorite composers, and others bearing upon the topic of the day. "Usually one paper or talk is given and followed by discussion. Occasionally the topic of the day is divided, three or four short papers being given as is the case in the November Round Table on "Thrift in the Home," when the subdivisions (a) Householders' League, (b) Clothing for Children, (c) Money Thrown Away are discussed.

On November 19 a grandmothers' day is planned. Paper (with exhibit), "Our Grandmother's China," with a second paper, "Seventy Years Young." On March 4 a group meeting is planned with the following topics on child-welfare: (a) Building up the Child's Power to Live; (b) Effect of Immigration on the Child of To-day; (c) The Integrity of Sex Nature; (d) Johnny and the Microbes; (e) Moral Education through Work; (f) The Punishment that Educates.

The club year closes May 20, with a luncheon and election of officers.

#### PENNSYLVANIA

Wide publication was given the Open Door, and Baby Saving from the July issue of CHILD-WELFARE MAGAZINE. The several press chairmen in the State meeting received cheerful co-operation of the editors. Particularly fortunate are we in having a publicity chairman in Williamsport, Mrs. W. P. Clark, wife of the editor of *Gazette-Bulletin*, in which paper several write-ups were given on the woman's page emphasizing the best thought in articles mentioned. Mrs. Dreifus, of Milton, gave writings in the papers of many towns beside her home town, giving extract and comment of value.

In Philadelphia, Mrs. Hugh Munro is active in baby-saving work in the Nineteenth ward, "Mothers' Congress Prizes" having been awarded for the care of infants. Thus was stimulated a friendly competition among the mothers, each de-

termined to bring her own child to the standard of cleanliness, health and comfort.

The Thirteenth Annual Child-Welfare Conference of the Pennsylvania Mothers' Congress will meet in Gettysburg, October 17, 18, 19, at St. James Lutheran Church. An informal reception from 6.30 to 8 P.M. will be given by Mrs. Geo. R. K. Johnson, president, and the officers at Hotel Gettysburg, which will be headquarters.

The Reading Railroad has offered the same rate as has the Pennsylvania with certain additions which would put the trip within the reach of all. Regular fare individual excursion from Philadelphia, \$6.15; 10-party ticket (30 days), \$5.14; 50 or more, \$4.00; 100 or more, a special train, \$3.85.

Go yourself and interest your friends to attend. Arrange for full delegations from each circle for the Thirteenth Annual Child-Welfare Conference. Good hotel accommodations can be secured at New Eagle Hotel, or Gettysburg Hotel, from \$2.00 to \$3.00 per day, the latter including bath.

(MRS. CHARLES) ELLEN FOSTER STONE,  
Swarthmore, Pa.

#### WASHINGTON

The State Department of Education has published the Proceedings of the Washington Branch National Congress of Mothers' and Parent-Teachers' Associations as a Parent-Teacher Bulletin. Superintendent Dewey furnished the stenographer for the convention and all addresses are printed in full. What better co-operation of parents and teachers could be arranged than that which Washington already has? These bulletins will be sent to every school principal in the State as a suggestion to organize a parent-teacher association in communities where they have not been formed.

Seattle has a splendid system of playfields, but the Mothers' Congress there found they were not being supervised properly. A committee was appointed to visit the civil service commissioners and suggest changes in the examination of applicants for supervisorship. One change asked for was that part of the examination be made on the grounds with children to act as questions. Some who could write a splendid paper on the theoretical side of play field-work failed utterly when given a group of children to care for, amuse or direct in play.

The circle in Port Orchard are so enthusiastic they have continued their meetings through the summer, and on July 4 managed a "safe and sane" holiday on the school grounds, picnic dinner, games, etc. Evening meetings are held monthly. When fathers began to attend it became necessary to finish a larger room to accommodate the circle.

We hope the National Congress of Mothers will meet on the coast in 1915. Any one of our three large cities will be glad to be named as the meeting place.

MRS. C. E. BEACH,  
Acting President, Olympia.

## Letters From Our Readers

### LETTER FROM A MOTHER WHO WAS A COLLEGE GRADUATE AND TEACHER.

I want to tell you that I very much like your editorial in CHILD-WELFARE MAGAZINE touching upon new educational methods and out-door schools. Modern school buildings work a serious menace and injustice upon children when education is compulsory and between the bad air, the unnatural confinement and the utter failure of modern methods to interest the average child, children are not to be blamed for truancy.

The vast majority of children must go to public schools and it is these that must be reformed before much can be done for the physical, mental or moral welfare of the nation at large. A few educators here and there are doing what little they can.

I think the Child-Welfare Movement and all its backers could not work along better lines than to lead the movement for more practical education for the children.

I wonder whether the Mothers' Congress and its child-saving work will ever reach good, sweet motherly, yet ignorant country women? I called on one with my two babies. At luncheon she said, "And what will the baby eat?" (He is eight months old.) I said, "He will not want anything, as I still nurse him." "Poor little thing," she exclaimed, "I always gave my babies

anything to eat from the time they were a month old." I asked her how many she had besides the little girl who was there. She replied that she had had three others, but they had all died.

How could I break her heart and make her perhaps blame herself all her life by convincing her that their deaths had probably been caused directly or indirectly by their being given "anything" to eat. She doubtless loved her babies as much as I do mine, and so I couldn't hurt her like that. Isn't there some way for the Mothers' Congress to reach the girls of to-day, and give them some knowledge of baby care before they so innocently and so ignorantly cause the deaths of helpless babies?

E. L.

The main reason for the organization of parents' associations is to give all mothers the opportunity not otherwise possible to learn the science of child nurture. Many of the State branches of the Congress are forming girls' clubs to teach girls things girls ought to know. Child nurture has first place in a girl's education, and until it is given there can be little change in infant mortality. The Mothers' Congress has had to convince mothers of their need for more knowledge, for like this good country woman, well informed on most subjects, they are ignorant of their own ignorance of child hygiene.

## MOTHER AND BABY

Helpful Suggestions on All Important Subjects Connected  
with Motherhood and the Care of Little Ones

By ANNE B. NEWTON, M.D.

Illustrated by Photographs Chosen by the Author

Price, Net, \$1.00; Postpaid, \$1.10

This book presents in plain language, free from technicalities, the main facts about maternity and infancy; dwelling largely upon the everyday aspect of the subject, thus emphasizing many points which are either omitted entirely, or given scant notice in other books on this theme.

"Of all the good books on the subject I like this best because it seems less like a book and more like a wise personal friend who will come at the call of any troubled young mother, sit down beside her and quietly tell her in a sympathetic and motherly way just what to do, not only after baby comes, but before."

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